

**Title:**

The effects of physiotherapy for urinary incontinence in pregnancy and especially after childbirth

**Abstract:**

The topic of my bachelor thesis is the complexity of the effects of physiotherapy for urinary incontinence in pregnancy and especially after childbirth. The thesis includes qualitative research. In the theoretical part, the anatomy of the female pelvis, incontinence problems and examination overview, the course of pregnancy and childbirth with possible negative consequences on the pelvic floor are described. Additionally the paper describes the mechanism of developing stress urinary incontinence in women and theoretically demonstrates physiotherapy for the stress incontinence. The practical part contains physiotherapeutic methodology with introduced exercise examples, which impact pelvic area. Furthermore a group of exercises suitable for women during pregnancy and after childbirth orientated on the incontinence prevention is shown. The thesis includes two casuistics, kinesiological analysis, physiotherapy description, short and long term plan and exercise results.

**Key words:**

Urinary incontinence, pregnancy, childbirth, physiotherapy, pelvic floor